WHAT IS CLAIMED IS:

 A toner for electrophotography comprising a binder resin, a coloring agent and a release agent,

wherein the toner has a storage modulus G' of 5.0 \times 10^2 to 1.0 \times 10^5 Pa at 180°C and an adhesive force to an aluminum substrate of not more than 50 N/m at 180°C.

- 2. A toner according to claim 1, wherein a content W of the release agent is 5 to 40% by mass, and a relationship between the release agent content W and the storage modulus G' satisfies $G' \geq 0.875 \times (100\text{-W})/\text{W}(\times 10^3\text{ Pa})$.
- 3. A toner according to claim 1, comprising inorganic or organic particles having a particle diameter of 5 to 200 nm in an amount of 1 to 30% by mass.
- 4. A toner according to claim 1, comprising inorganic particles having a particle diameter of 5 to 200 nm in an amount of 1 to 20% by mass.
- 5. A toner according to claim 1, having a volume average particle size of 4.0 to 10.0 μm_{\odot}

- 6. A toner according to claim 1, wherein the melting point of the release agent is 50 to $150\,^{\circ}\text{C}$.
 - 7. An image-forming method, comprising:

charging a surface of an image-bearing body;

forming an electrostatic latent image according to image information on the charged surface of the image-bearing body;

developing with a toner the electrostatic latent image formed on the surface of the image-bearing body, in order to obtain a toner image;

transferring to a surface of a recording medium the toner image formed on the surface of the image-bearing body, and

fusing the toner image transferred on the surface of the recording medium,

wherein the toner is a toner for electrophotography comprising a binder resin, a coloring agent and a release agent, and the toner has a storage modulus G' of 5.0×10^2 to 1.0×10^5 Pa at 180° C and an adhesive force to an aluminum substrate of not more than 50 N/m at 180° C.

8. A method according to claim 7, wherein a content W of the release agent is 5 to 40% by mass, and a relationship between the release agent content W and the

storage modulus G' satisfies G' \geq 0.875 \times (100-W)/W(\times 10³ Pa).

- 9. A method according to claim 7, wherein the toner comprises inorganic or organic particles having a particle diameter of 5 to 200 nm in an amount of 1 to 30% by mass.
- 10. A method according to claim 7, wherein the toner comprises inorganic particles having a particle diameter of 5 to 200 nm in an amount of 1 to 20% by mass.
- 11. A method according to claim 7, wherein the toner has a volume average particle size of 4.0 to 10.0 $\mu m\,.$
- 12. A method according to claim 7, wherein the melting point of the release agent in the toner is 50 to 150°C .
- 13. A method according to claim 7, wherein a heat-fusing roll is used for fusing, and the surface energy of a material on the surface of the heat-fusing roll is in the range of 0.1×10^{-4} to 5.0×10^{-4} J/cm².
 - 14. An image-forming apparatus comprising:
 means for charging a surface of an image-bearing

body;

means for forming on the charged surface of the image-bearing body an electrostatic latent image corresponding to image information;

means for developing with a toner the electrostatic latent image formed on the surface of the image-bearing body, in order to provide a toner image;

means for transferring the toner image formed on the surface of the image-bearing body to a surface of a recording medium, and

means for fusing the toner image transferred on the surface of the recording medium,

wherein the toner is a toner for electrophotography comprising a binder resin, a coloring agent and a release agent, wherein the toner has a storage modulus G' of 5.0 × 10^2 to 1.0×10^5 Pa at 180° C and an adhesive force to an aluminum substrate of not more than 50 N/m at 180° C.

- 15. An apparatus according to claim 14, wherein a content W of the release agent is 5 to 40% by mass, and a relationship between the release agent content W and the storage modulus G' satisfies $G \ge 0.875 \times (100\text{-W})/\text{W}(\times 10^3\text{ Pa})$.
 - 16. An apparatus according to claim 14, wherein the

toner comprises inorganic or organic particles having a particle diameter of 5 to 200 nm in an amount of 1 to 30% by mass.

- 17. An apparatus according to claim 14, wherein the toner comprises inorganic particles having a particle diameter of 5 to 200 nm in an amount of 1 to 20% by mass.
- 18. An apparatus according to claim 14, wherein the toner has a volume average particle size of 4.0 to 10.0 μm_{\odot}
- 19. An apparatus according to claim 14, wherein a heat-fusing roll is used for fusing and the surface energy of a material on the surface of the heat-fusing roll is in the range of 0.1×10^{-4} to 5.0×10^{-4} J/cm².
- 20. A toner cartridge detachable from an imageforming apparatus that comprises means for developing, the
 cartridge containing a toner which is provided to the means
 for developing,

wherein the toner is a toner for electrophotography comprising a binder resin, a coloring agent and a release agent, and the toner has a storage modulus G' of 5.0×10^2 to 1.0×10^5 Pa at 180° C, and an adhesive force to an aluminum substrate of not more than 50 N/m at 180° C.